

Full Report (All Nutrients)

45135019, BANQUET FISH STICKS MEAL, UNPREPARED, GTIN: 00031000809232

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

Report Date: May 26, 2017 14:39 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer ConAgra Foods Inc.

Nutrient	Unit	Data points	Std. Error	1 Meal (212g) 212g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	331	156
Protein	g	--	--	11.00	5.19
Carbohydrate, by difference	g	--	--	46.00	21.70
Sugars, total	g	--	--	19.00	8.96
Minerals					
Calcium, Ca	mg	--	--	100	47
Iron, Fe	mg	--	--	2.69	1.27
Potassium, K	mg	--	--	379	179
Sodium, Na	mg	--	--	651	307
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	2.3	1.1
Vitamin A, IU	IU	--	--	2249	1061
Lipids					
Fatty acids, total saturated	g	--	--	3.01	1.42
Fatty acids, total monounsaturated	g	--	--	2.50	1.18
Fatty acids, total polyunsaturated	g	--	--	5.00	2.36
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	19	9

Amino Acids

Other

Ingredients

FISH STICK: Minced Pollock, Enriched Bleached And Unbleached Flour (Wheat, Niacin, Ferrous Sulfate And/Or Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Contains 2% Or Less Of: Modified Corn Starch, Yellow Corn Flour, Iodized Salt, Sugar, Whey, Yeast, Rice Flour, Corn Starch, Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Sodium Bicarbonate), Sodium Caseinate, Caramel Color, Extractives Of Paprika (Color), Modified Cellulose, Oat Fiber, Mono And Diglycerides. Parfried in Soybean and/or Canola Oil. MACARONI AND CHEESE SAUCE: CHEESE SAUCE: Water, Cheddar Club Cheese (Pasteurized Cultured Milk, Salt, Enzymes, Annatto [Color]), Modified Whey, Soybean Oil, Modified Corn Starch, Nonfat Dry Milk, Cheese Flavor (Whey, Cheese [Granular and Blue {Pasteurized Milk, Cheese Culture,

Salt, Enzyme]], Sunflower Oil, Maltodextrin, Salt, Sodium Phosphate, Citric Acid, Lactic Acid), Salt, Sugar, Sodium Phosphates, Xanthan Gum, Citric Acid, Guar Gum, Beta Carotene (Color). MACARONI: COOKED PASTA: Water, Enriched Pasta (Durum Wheat Semolina, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid. CHOCOLATE PUDDING: Water, Pudding Blend (Sugar, Dairy Product Solids [Modified Whey, Reduced Protein Whey, Whey Solids], Modified Corn Starch, Sweet Cream Powder [Sweet Cream, Nonfat Milk, Sodium Caseinate, Tocopherol], Cocoa Powder, Maltodextrin, Propylene Glycol Esters of Fatty Acids and Mono and Diglycerides, Soy Lecithin, Salt), Soybean Oil, Cellulose Gel, Cellulose Gum. CONTAINS: FISH (ALASKA POLLOCK), MILK, SOY, WHEAT. *Date Last Updated by Company: 09/08/2016*